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25 October 1960

Mr. Dulles:

Mr. Whitney Shepardson stopped by and left the attached with the following comment to be passed on to you:

"I had long tried to give him my best advice as to how he could take care of himself, but I had not had much success.

"I myself had taken to heart the advice given by that marvelous major league pitcher, Satchel Paige, who (it is said) last pitched a major league ball game at the age of 54.

"The Director's attention is invited to same, and I hope he will be governed accordingly."

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How to stay young

1. Avoid fried meats which angry up the blood.
2. If your stomach disputes you, lie down and pacify it with cool thoughts.
3. Keep the juices flowing by jangling around gently as you move.
4. Go very light on the vices, such as carrying on in society. The social ramble ain't restful.
5. Avoid running at all times.
6. Don't look back. Something might be gaining on you.

Lero? (Satchel) Paige